



Emergency Preparedness

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Emergency Management Mission Statement

It is our mission to provide information and training opportunities to the residents and businesses of Cottonwood Heights relating to disaster preparedness and emergency response.

For this reason we are pleased to provide the following information fundamental in preparing for any type of disaster.

Disclaimer: We acknowledge there are a variety of ways to complete your emergency preparedness goals. The following suggestions included in this document are for your consideration and are not meant to be the only solution.



Preparation

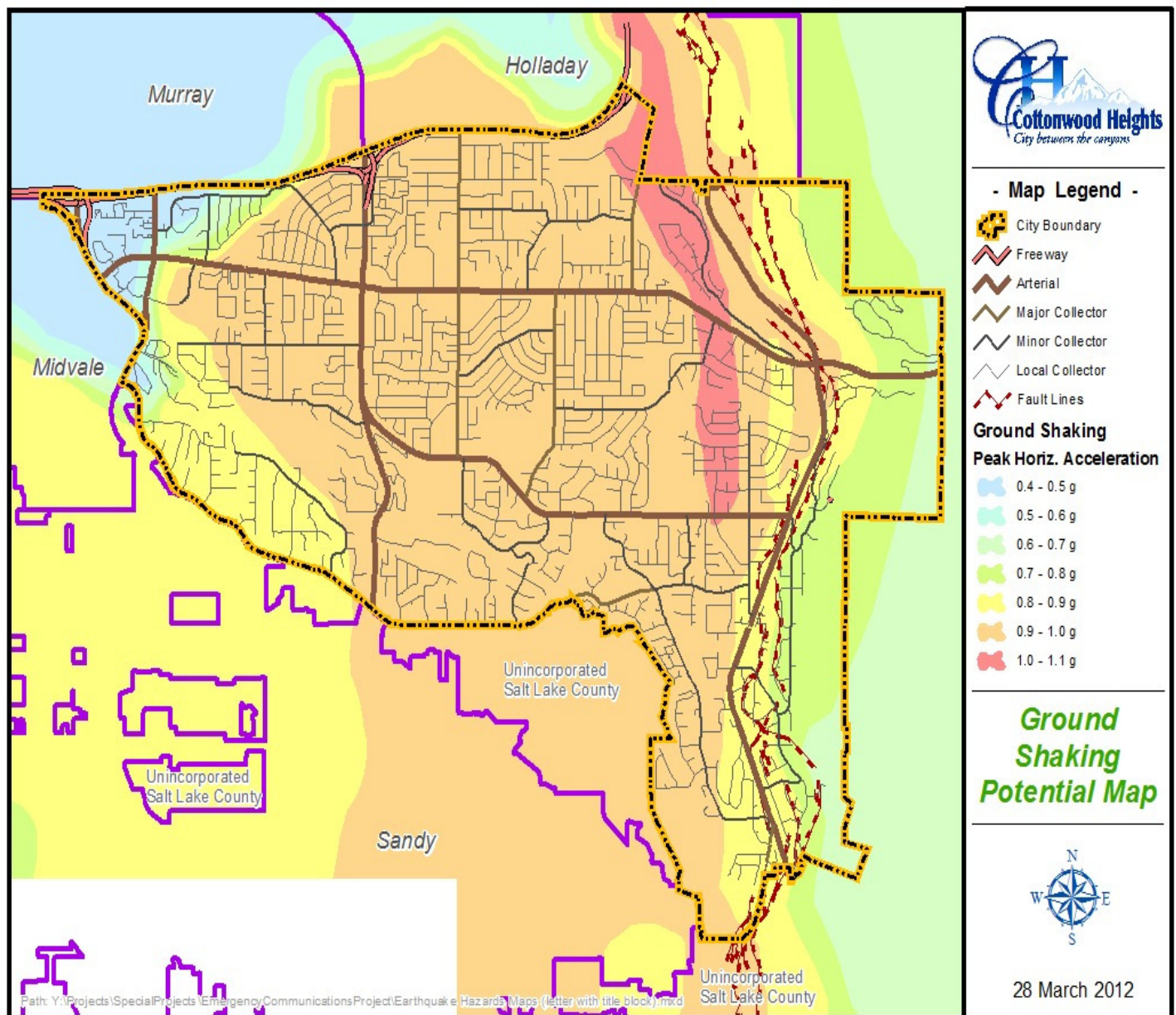
Prior to any emergency it is vital to make preparations for short or long term life-sustaining necessities such as sheltering, food, clothing, medical needs, or other essential supplies. It is the responsibility of our citizens to prepare themselves and their family members in the case of a disaster that can disrupt and momentarily paralyze life as they know it.

- ☐ Find out what disasters can happen in your area.
- ☐ Prepare an Emergency Kit (72 hour kit).
- ☐ Make a First Aid Kit.
- ☐ Make a Car Kit.
- ☐ Prepare a Pet Emergency Kit (72 hour kit for pets).
- ☐ Assign an out-of-state contact.
- ☐ Plan for those with special needs.
- ☐ Get copies of important documents.
- ☐ Know possible evacuation routes.
- ☐ Prepare for power outage and natural gas disruption.
- ☐ Gather emergency preparedness instructions for:
 - ☐ Water purification
 - ☐ Sanitation
 - ☐ Casualties
- ☐ Train in CPR, first aid and/or CERT (Community Emergency Response Team).
- ☐ Make sure you have a Triage Ribbon for your home/business.
- ☐ Keep information for after-event resources handy.

Earthquakes

Utah experiences approximately 700 earthquakes per year. Only a small percentage of these earthquakes are noticeable. We do live on a major fault line and it can be said that the occurrence of a substantial earthquake is a matter of “not if, but when.” There is a good possibility we will one day be exposed to a significant event. There will be ground shaking, soil liquefaction, landslides, and rock falls that will cause damage to buildings, homes, roads and utilities and cause disruption with power, gas, water, sewer, transportation and communication systems. *If you are ever caught in an earthquake, remember “Drop, Cover & Hold On.”*

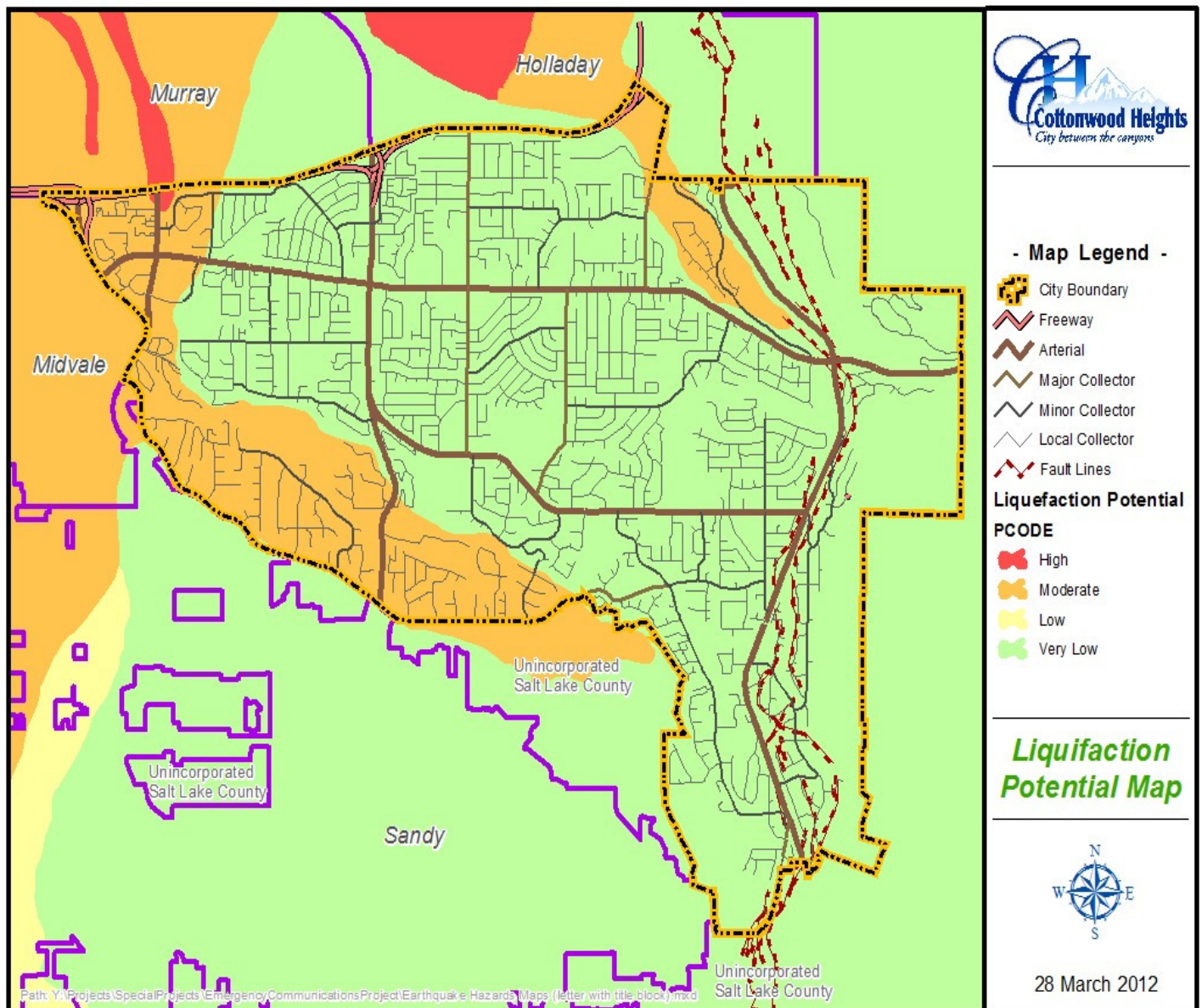
The map below shows where shaking is predicted to be most severe during a 7.0 earthquake.



Liquefaction

Liquefaction is the process by which saturated, unconsolidated sediments are transformed into a substance that acts like a liquid. It will more likely occur where the soil is loose with poor drainage. The effects of liquefaction can be severely damaging. If buildings are built on sand which liquefies, that building will experience an abrupt loss of support. Roads and bridges may buckle. Utility, telecommunications, sewer and water lines may be affected.

Below is a map of potential liquefaction areas in Cottonwood Heights.



Winter Storms

Utah winters vary from mild to severe any given year. Many times, it's hard to know from one week to the next what type of winter weather we will be experiencing. Therefore, it is important to understand how to properly prepare for winter storms or the extreme cold associated with them. The following tips can help you weather the winter storms:

- Dress for the weather.
- Have necessary supplies on hand.
- Make an emergency 72 hour kit in the event of an evacuation.
- Know what do to after a storm.

For more information: <http://www.redcross.org/www-files/Documents/pdf/Preparedness/WinterStorms.pdf>



Lightning and Thunderstorms



All thunderstorms can be dangerous. They are also known as electrical storms.

The National Weather Service reported two lightning-related injuries in Utah in 2010. In 2011 two young men lost their lives from the devastating effects caused by a lightning strike. Until 2011 the last death from lightning was in 2007. The risks are real and caution is warranted when out in a thunderstorm. Remember, any thunderstorm can become severe. All thunderstorms have the potential to be dangerous. Here are a few recommendations to follow during a storm:

- Take action immediately upon hearing thunder.
- Avoid electrical appliances, telephones, and wireless devices.
- Close and stay away from windows and doors.
- Do not bathe or shower—plumbing conducts electricity.
- If driving, safely exit the roadway.
- If outdoors and unable to reach safety, crouch low and minimize contact.

Hazardous Materials Spill

Hazardous materials are substances that pose a potential risk to life, health, or property. A few examples are explosives, flammable and combustible substances, poisons, or radioactive materials. Know how to protect yourself and become familiar with the potential dangers in your area. Listen to the Emergency Alert System and be prepared to evacuate or shelter-in-place.

The Emergency Alert System for Cottonwood Heights is KSL 1160 AM , and 102.7 FM.

For more information: <http://www.ready.gov/hazardous-materials-incidents>



Wildfires

As the population in our area increases, more homes and structures are built on the foothills and into our canyons. This setting provides an enjoyable atmosphere for homeowners and businesses alike. However, it also provides a favorable environment for a wildfire caused from natural or man-made sources. Once a fire ignites and the conditions are right, it has a good chance of spreading before drawing attention from nearby residents. Man-made wildfires are preventable. Knowing the risk factors and how to decrease the potential for one to expand is the first line of defense.

You can read more on what to do before, during and after a wildfire by referring to FEMA Ready website:

www.ready-gov/wildfires



Flooding

Significant flooding can occur after heavy rains or sudden hot temperatures which cause the mountain snow-pack to melt too quickly. Debris such as mud, rocks, trees or vegetation can trigger landslides and damage property, roads, and bridges. If you see flooding, do not walk or drive through flooded areas. Watch for animals and snakes. Stay away from power lines and electrical wires.

This map demonstrates Cottonwood Heights flood plain.



Emergency Preparedness Kit

In the event of a disaster you may find yourself relying on your updated and fully stocked emergency preparedness kit. Your emergency kit should meet the basic survival needs of your family for 72 hours or more. It is a generic tool that can be tailored to fit your particular needs. Most families prefer to store their emergency supplies in a location which would be relatively safe from a disaster yet easily accessible if evacuation is required. Items may be stored in backpacks, suitcases, or any other portable devices.

Emergency Needs:

Extra clothing for each person.
Water purification device or tablets.
NOAA weather radio with extra batteries.
Flashlight with batteries.
Waterproof matches, a lighter or both.
Disposable emergency blanket for each person.
Utility knife.

Plastic utensils.
Paper cups and plates.
Emergency candles.
Sleeping bag & blankets.
Tent.
Water.
Non-perishable food items.



Ready-to-eat food in unbreakable containers, such as canned meats, juice, fruits, vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried and dehydrated foods and nutrition bars. Other items you deem necessary.

Don't forget your sanitation and first aid kit.

Car Kit

Emergency Car Kit:

First aid kit and manual.
Class ABC fire extinguisher.
Weather radio & batteries.
Flashlight & batteries.
Bottled water.
Non-perishable food stored in water-resistant container.
Sundry kit (paper & pencil, maps, tissues, pre-moistened towels, plastic bags, essential medications).
Blankets or sleeping bags.

Reflectors & flares.
Bag of sand.
Shovel and tools for minor auto repairs.
Jumper cables.
Short rubber hose for siphoning.
Always try to maintain at least ½ tank of gas in your vehicle.
(Individual and family needs, along with the time of the year, will dictate what is really required.
Other items can be carried as “just in case” items.)

Sample First Aid Kit

1 first aid handbook
Assorted cloth band-aids
4" X 4" sterile gauze dressing
2" X 2" sterile dressing
4" X 5 yards kling bandage
2" X 5 yards kling bandage
5" X 9" sterile dressing
8" X 10" sterile dressing
Rolls of Kerlex bandage
Triangular bandages
Elastic bandages
Betadine preps

First Aid Spray
Ipecac
Activated Charcoal
Bandage Scissors
Paramedic Scissors
Tweezers
Safety pins
Needles & thread (sewing)
Thermometer
Adhesive, Transpore or paper tape
Ice & heat packs
Neosporin

Add personal medical supplies and medications to first aid kit as your budget will allow. Keep in mind storage concerns and expiration dates.

Tylenol & baby Tylenol or aspirin
Diarrhea medication, laxatives & antacids
Eye wash
Sunscreen
Latex gloves
Personal & any other necessary medical items or prescriptions
Other emergency needs: Keep all immunizations current.

Pet Emergency Preparedness Kit



For some, pets are as important as any other family member. If a disaster strikes and an order to evacuate is given, pet owners are more likely to delay or even terminate their departure due to the inability or lack of means to evacuate or provide for their animals.

Sheltering and the proper provisions for pets are the responsibility of the owner. Most shelters provided by volunteer organizations only allow service animals. Contact local animal control or your veterinarian for list of possible emergency animal shelters.

Before a disaster, ask family members or friends that live outside of the evacuation area if they would be willing to help care for and shelter your pets.

Emergency (72 hour) kit for Pets

Pet food & non-spill dish
Bottled water
Chew toys
Favorite treats
Towel or blanket for bedding
Disposable litter tray
Litter or paper towels
Garbage bags

Leash, collar or pet harness
Medications
Copies of medical records
Recent photo of pets
Portable pet carrier or cage

Make sure you store your pet's emergency preparedness kit with yours.

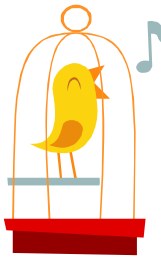


Save your animal's life: make sure your animal wears a collar with identification tag at all times or have your animal chipped so you can find him/her if lost.

If you are asked to shelter-in-place, keep your pets with you.

Birds

Carrier or cage
Blanket to cover cage
Cage liner
Identification
Photo
Towel
Bird net
Spray bottle
Food
Water



Reptiles

You can transport a snake in a pillowcase. Lizards can be transported like birds. Make sure you have a secure enclosure when you have reached your destination.
Sturdy bowl
Food
Water
Heating pad or warming device

Small Animals

Food
Water
Small carrier
Litter or bedding material
Water bottle
Salt lick
Small animal treats
Photo

Horses & Large Animals

Keep halters and leads available in the event of an evacuation.
First aid kit & medications
Hay/feed
Provide safe, high spots
Water or alternative water methods
Animal identification

You can order a free ASPCA Rescue Alert Sticker by filling out the form at the following:
<http://www.aspc.org/about-us/free-aspc-stuff/free-pet-safety-pack.aspx>

This sticker will alert rescuers if there are pets inside your home. If you evacuate your home, you can write "EVACUATED" on the sticker.

Assign an Out of State Contact

Before a disaster strikes, take the time to assign an out-of-state contact just in case you and your family members are separated. The local phone system may be unable to allow normal use. Long distance calls or texts may be the only means to communicate via the phone.

If your family is separated, instruct them beforehand to call the out-of-state contact to report your location and health condition. Here is an example of an out of state emergency contact card you can produce yourself or you can purchase pre-made cards online. (You may add family photo or physician contact number on back.)

OUT OF STATE CONTACT PRIMARY CONTACT		
NAME	PHONE	
	()	
NAME	ALTERNATE CONTACT	PHONE
		()
ADDRESS		
CITY	STATE	ZIP

Get Copies of Important Papers

If you have to evacuate your home, do you have copies of important documents or records that are accessible and well protected? Here is a list of information you may want copies of:

- Identification—ID cards, driver's license, birth certificates, social security card, passports, naturalization documents.
- Marital status—marriage license, divorce decrees and child custody papers.
- Military records
- Insurance papers
- Medical and immunization records
- Other documents—business records, financial records, address book, backups of computer files to name a few.
- Copies of important and valued pictures.

There are internet options that can help store copies of important papers. Make sure you use well known secure sites. **Keep all of your personal information well protected.**

Know Evacuation Routes

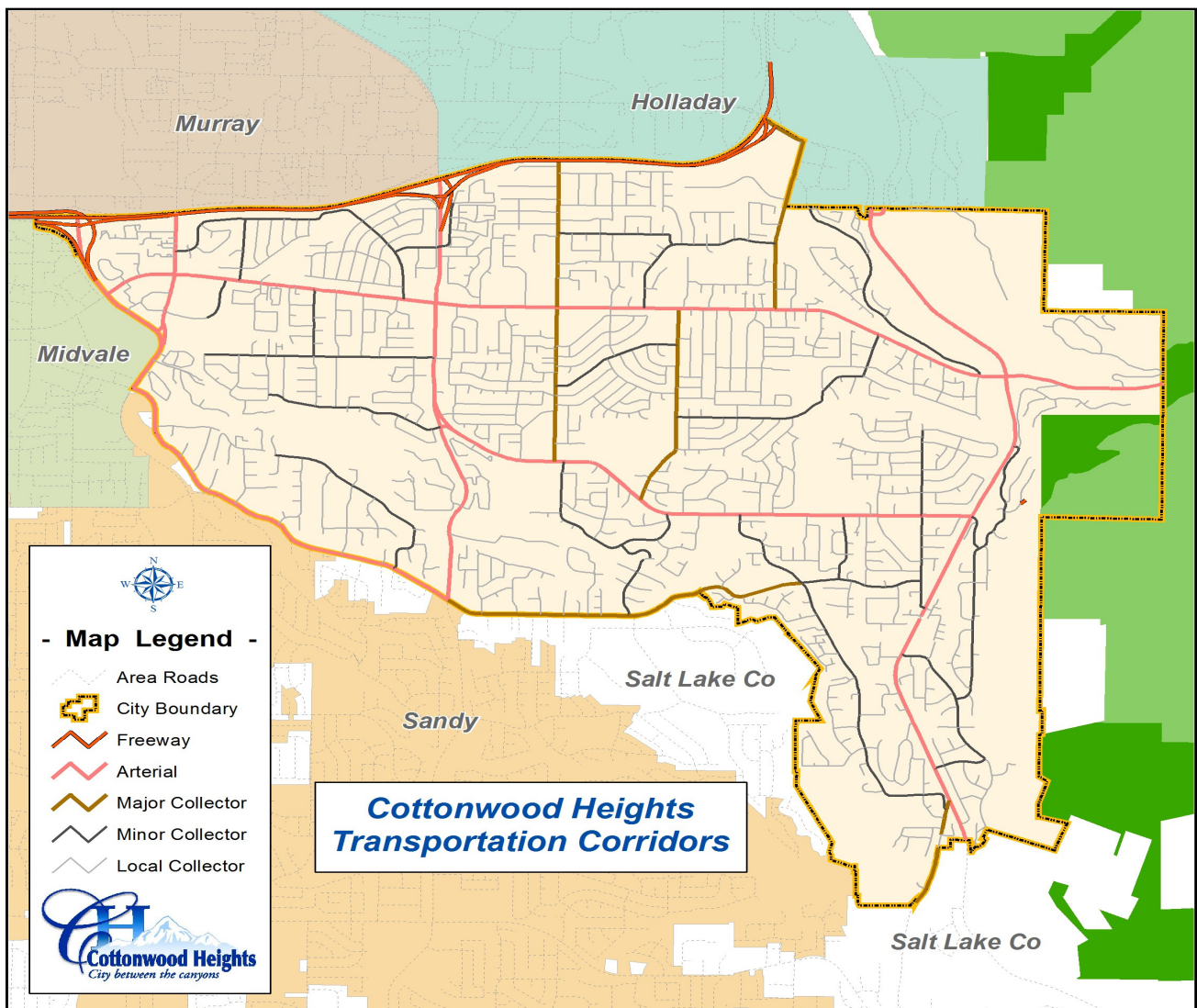
Cottonwood Heights' snow removal priority list can also be utilized for and serves well as a map of designated evacuation routes. They are well-maintained and prioritized according to access, size and traffic capabilities. Below is the snow removal policy.

This policy is intended for streets located within the boundaries of Cottonwood Heights. The city maintains more than 320 lane miles of arterial, secondary and residential streets that have been divided into four (4) priorities:

PRIORITY 1, Major Arterials – Fort Union Boulevard, Highland Drive, Creek Road, Bengal Boulevard, Union Park, 1300 East, 2700 East, and 3000 East. These streets are first priority because they are essential to the movement of public safety vehicles in the city and will be cleared first in any storm event or disaster.

PRIORITY 2, Minor Arterials – 2300 East, Park Centre Drive, 7200 South, Danish Road, Oak Creek Drive, 2325 East, Nantucket Drive, 3500 East, Nye Drive, 1700 East, Whitmore Way, Portsmouth Avenue, and Big Cottonwood Canyon Road. Streets in this priority are based on volume and the need to provide access to schools, bus routes and other essential services.

PRIORITY 3 and 4, Collector Roads and Local Residential Roads– These priorities cover all additional collector and local streets. Priority 3 will include street networks that serve areas that are major traffic volume generators and areas with trouble spots such as busy intersections and roads on steep slopes or other critical features.



Water Purification

Storing water is a critical component of disaster preparedness. It is unreasonable to think we can store enough water to sustain life until our services are restored. After a disaster, such as an earthquake, there is a real possibility our water sources could become contaminated. For this reason it may be necessary to purify water suitable for drinking.

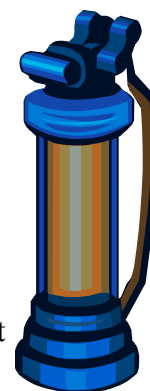
The following guidelines will help eliminate micro-organisms proven to cause ill effects if ingested. Before purchasing any purification device or tablets, be sure to read the label for information on effectiveness and purification abilities.

Water Filters

There are water filters/purifiers on the market. Look for a 0-2 micron filter that is effective against bacteria and protozoa, giardia, and cryptosporidium.

Boiling

Boiling water is one way to kill micro-organisms. The United States Environmental Protection Agency suggest to boil filtered and settled water vigorously for one minute (at altitudes above 5,000 feet, boil for three minutes). To improve the flat taste of boiled water, aerate it by pouring it back and forth from one container to another and allow it to stand for a few hours, or add a pinch of salt for each quart or liter of water boiled.



Water Purification Tablets

Water purification tablets are lightweight and easy to store. Make sure the purification tablets you purchase are EPA registered and can effectively disinfect against viruses, bacteria, cryptosporidium, and giardia.

Chlorine dioxide tablets and water treatment drops can remove the worst viruses and bacteria. These tablets kill giardia in 30 minutes and cryptosporidium in four hours. Carefully read the directions before using.

Iodine tablets have an EPA registration number. These tablets have a shelf life of 3—5 years. Make sure the tablets are fresh.

Halzaone tablets need to have an EPA registration number as well. They have a shelf life of about 2 years.

Chlorine Bleach

Use non-scented chlorine bleach. (1/8 teaspoon equals 8 drops)

Available Chlorine	Drops per Quart/Gallon of Clear Water	Drops per Liter of Clear Water
1%	10 per Quart - 40 per Gallon	10 per Liter
4-6%	2 per Quart - 8 per Gallon (1/8 teaspoon)	2 per Liter
7-10%	1 per Quart - 4 per Gallon	1 per Liter

For more information concerning storing water and water purification:

Utah Department of Environmental Quality

http://www.drinkingwater.utah.gov/emergency_water_storage.htm

Environmental Protection Agency

<http://water.epa.gov/drink/emergencydisinfection.cfm>

Homeland Security

<http://www.nationalterroralert.com/safewater/>

Sanitation

One of the most commonly missed elements with personal disaster preparation is properly providing for sanitation needs. If water and sewer services are disrupted in the event of an earthquake or other disaster, the citizens of Cottonwood Heights may find themselves in a quandary trying to figure out how to properly dispose of individual waste or garbage. It is essential, for health and safety reasons, to keep living areas free of contamination. To address this possibility, we have provided the following recommendations for you to consider.

Keep sanitation supplies on hand:

- Medium or large sized plastic bucket with tight lid (or toilet seat/lid)
- Garbage or toilet waste bags
- Household chlorine bleach or pre-made enzyme packets
- Soap, liquid detergent or pre-made antibacterial cleansing packets
- Toilet paper
- Towelettes

Pre-made sanitation kits can be purchased at any sports, army-navy or emergency preparedness store. If an evacuation order is given, you can't take your bathroom with you. These sanitation kits are portable and can be part of your emergency preparedness or 72 hour kit.



For information how to make your own disposal unit:

<http://www.doc.govt.nz/parks-and-recreation/plan-and-prepare/care-codes/activity-minimal-impact-codes/disposing-of-human-waste/>

When there are casualties



When you think of emergency preparedness, you think of how to sustain life. Unfortunately, loss of life is a reality you may have to face. The following information is provided from the Utah State Office of the Medical Examiner.

Multiple fatalities with destruction of infrastructure

In the event that there is widespread destruction of infrastructure along with many dead, the handling of the bodies will, by necessity, fall on individual families and ad hoc groups. It is a common misconception that dead bodies represent a significant public health threat and should be disposed of as quickly as possible. They may be unpleasant in a variety of ways, but as long as they are not contaminating food or water supplies, they can be left in-situ. Families can be counseled that wrapping the body and leaving it in a cool dry place is acceptable until such time as a more systematic and permanent way of handling the remains can be developed. It is important that some form of identification be left with the body in a way that will not be destroyed by deterioration of the body. (Something as simple as a written note giving the person's name, DOB, date of death, etc. placed in a zip-lock bag is fine). These steps can also be followed if people are bringing their dead to a command post or other center of somewhat functioning authority.



Prepare for Power Outage

Rain, snow, ice, or high winds may cause a disruption in power that can last for hours, days or even weeks. Waiting for a power outage is not the time to start thinking of emergency preparedness supplies. Here is a list of items and suggestions that will help you get through until your power is restored.

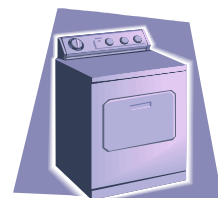
- Flashlights and fresh batteries
- Candles
- Matches and disposable lighters
- Water
- Foods that require little or no cooking
- Paper plates, plastic utensils and paper napkins
- Trash bags
- Clothing
- Gas camp stoves, lanterns or barbecues (for outside use)
- First aid kit
- Medications
- Card and board games
- Extra blankets and sleeping bags



- Cooler(s)
- Freezer packs or ice
- Make sure you have battery operated smoke detectors
- Install carbon monoxide detectors
- Buy a self-powered weather radio

What to do after the power goes out

- Turn off or disconnect appliances or electronics
- Keep food dry, covered and in a cool spot.
- Use perishable foods first
- Throw unsafe food out
- Use generators safely



When and how to shut off electric service to your home:

Fuses or circuit breakers should automatically shut off house service or service to one or more branch circuits in the event of electrical trouble. **Do not** attempt to restore this service if there is evidence of heat damage to wiring or to the fuse/circuit breaker box. If there is no evidence of damage, restore service by replacing the fuse or closing the circuit breaker. Call the power company or an electrician if you cannot restore service or if it seems too dangerous.

Natural Gas

Disasters have prompted people to ask how to turn off the gas and electric service to their houses. Don't shut off gas unless there is evidence of damage to your house piping and wiring.

When and how to shut off the gas to your home:



Shut off gas service at the meter if house piping has been broken, or if a strong odor of gas is present. The main shut-off valve is located on the inlet pipe next to your gas meter. Using a wrench or other suitable tool, give the valve a quarter turn in either direction so that it is crosswise to the pipe. Don't light matches or operate electric light switches or motors in areas where gas is leaking or is suspected of being present.



Get the assistance of a plumber or other qualified mechanic to repair the damaged house piping and to turn gas back on. Call the gas company if further help or advice is necessary.

□ Train in CPR, First Aid and/or CERT (Community Emergency Response Team)



The Community Emergency Response Team training educates citizens in disaster management and basic emergency medical treatment. The skills acquired in this training can be utilized in the event of a major disaster until professional help is available. When duty calls, trained volunteers may help increase the injured citizens' survivability.

CERT training can be obtained through Unified Fire Authority (UFA). The highly-rated staff provides each participant with the opportunity to gain knowledge and improve on practical skills necessary when a disaster strikes. Register for a class today.

If you are unable to take a CERT class, become CPR certified.

If you are looking for more advanced training, Unified Fire Authority offers instruction in EMT-B, Emergency Medical Technician Basic.

For more information: <http://www.unifiedfire.org/divisions/community/cert.aspx>

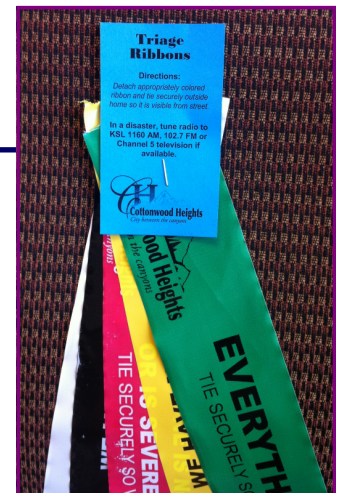
Triage Ribbons

Triage ribbons identify the household status of the city's residents during large-scale disasters. Residents put the appropriate ribbon in plain sight from the street so emergency responders can prioritize areas of greatest need.

The five differently-colored ribbons are two inches wide and three feet long. Each ribbon color denotes a different status. Green means residents are safe, yellow means there are non life-threatening injuries, red means the injuries are critical, black ribbon indicates an individual is deceased within the residence, and white means they've evacuated.

Also attached to the triage ribbon is a guide to local emergency communication channels.

Ribbons can be obtained from the city of Cottonwood Heights or through your local block, precinct or district leader.



City of Cottonwood Heights

- Mayor Kelvyn Cullimore
- City Council:
 - Mike Peterson
 - Michael Shelton
 - Tee Tyler
 - Scott Bracken
- City Manager—Liane Stillman



Resource Contact Information



Questar Gas	Customer Service P.O. Box 45360 Salt Lake City, Utah 84145-0360	Customer Service 801-324-5111 Toll-free 800-323-5517 Emergencies 800-767-1689 www.questargas.com
Rocky Mountain Power	Mailing Address 201 South Main St., Suite 2300, Salt Lake City, UT 84111	Customer Service (residential) 1-888-221-7070 Business Service 1-866-870-349 Report outages or downed lines: 1-877-508-5088 www.rockymountainpower.net
Cottonwood Improvement District (sewer)	8620 South Highland Drive Sandy, Utah 84093	801-943-7671 Fax: 801-943-1077 www.cottonwoodimprovement.org
Salt Lake City Public Utilities (Culinary Water)	1530 South West Temple Salt Lake City, Utah 84114-5528	801-483-6900 Emergencies 801-483-6700 www.slcgov.com/utilities
Jordan Valley Water Conservancy District	8215 South 1300 West West Jordan, Utah 84088	801-565-4300 www.jvwcd.org
American Red Cross in Utah	555 East 300 South Suite 200 Salt Lake city, Utah 84102	801-323-7000 Fax: 501-323-7018 www.utahredcross.org/
Unified Fire Authority CERT, CPR, EMT-B Classes		801-256-2566 Email: communityassistance@ufa-slco.org
Salt Lake Valley Health Department	2001 South State Street, S2400 Salt Lake City, Utah 84190-2150	385-468-4100 http://www.slvhealth.org/
Federal Emergency Management Agency	U.S. Department of Homeland Security 500 C Street SW Washington, D.C. 20472	202-646-2500 http://www.fema.gov/
Be Ready Utah	Division of Homeland Security P.O. Box 141710 1110 State Office Building Salt Lake City, Utah 84114-1710	801-538-3400 http://beready.utah.gov/beready/index.html Email: bereadyutah@utah.gov
CH Get Ready		http://www.chgetready.com/ Email: chgetready@gmail.com
Canyons School District	Administration Building 9150 South 500 West Sandy, UT 84070	Phone: (801) 826-5000 http://www.canyonsdistrict.org/

